



## 2010 SUMMIT ON HEALTH, NUTRITION AND OBESITY: ACTIONS FOR HEALTHY LIVING

# AFTER-SCHOOL PROGRAMS: INCREASE MODERATE TO VIGOROUS PHYSICAL ACTIVITY IN AFTER-SCHOOL PROGRAMS

**“I want to take what was discussed at the Summit and turn our state goals into action that will attack obesity on every level and create a healthy foundation for California’s future.”** (Gov. Arnold Schwarzenegger, 2010 Summit On Health, Nutrition And Obesity, 2/24/10)

### **Action:**

Assembly Bill 2705 (Hall), sponsored by Governor Arnold Schwarzenegger, has been introduced to require after-school programs to provide at least 30 minutes of moderate to vigorous physical activity (MVPA) to all students in after-school programs commencing January 1, 2013 using the new After-School Physical Activity Guidelines.

### **California Context:**

Championed by Governor Schwarzenegger, voter-approved Proposition 49 (2002) provided increased funding for California’s after-school programs to support educational and literacy activities in addition to educational enrichment opportunities. While these enrichment opportunities can include physical activity, state funded after-school programs are not required to incorporate physical activity in their curriculum. The California Department of Education has developed After-School Physical Activity Guidelines to outline recommended strategies for implementing physical activity in after-school programs, but compliance is voluntary.

Studies clearly show that physical activity significantly reduces the risk of chronic disease and obesity, and that moderate to vigorous physical activity reduces stress, improves self-esteem, and supports concentration and cognitive function. A number of recent studies even show that physical activity can help improve student academic achievement. One study, which compared physical activity to student grades in core classes such as English and math, found that student scores were highest among those who engaged in vigorous physical activity for at least 20 minutes a day three times a week.

### **Success Stories:**

Recognizing the health and student achievement benefits of physical activity, many schools in California have incorporated moderate to vigorous physical activity in their after-school programs. The Norwood Street Elementary School, for example, located in a low-income Los Angeles neighborhood with high rates of childhood diabetes and obesity, developed an after-school program where students receive at least 40 minutes of MVPA five days a week. And in the Modesto City School District, after-school staff members are trained in the innovative Sports, Play, and Active Research for Kids (SPARK) curriculum, a coordinated program helping teachers and staff incorporate MVPA in schools.